

SAFETY INFORMATION

.....WHEN CAUGHT IN A WINTER STORM.....

OUTSIDE: Find shelter, try to stay dry and cover all exposed parts of the body. If no shelter; prepare a lean-to, wind break or snow cave for protection from the wind. Build a fire for heat and to attract attention and rescue. Place rocks around the fire to absorb and reflect heat. **DO NOT EAT SNOW.** It will lower your body temperature. Melt it first.

IN A CAR OR TRUCK: Stay with the vehicle. Disorientation occurs quickly in blinding wind-driven snow and cold. Run the engine about 10 minutes each hour for heat. Open the window for fresh air to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked. Make yourself **visible to rescuers** by turning on the dome light at night when running the engine.

Tie a colored cloth to your car antenna or door, and raise the hood of your vehicle indicating trouble after the snow stops falling. Exercise from time to time by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm.

AT HOME OR IN A BUILDING:

Stay inside. When using a fireplace, stove, space heater or other alternative heat **use fire safeguards and proper ventilation.** If heat is not available, close off unneeded rooms, cover windows at night, and stuff towels or rags in cracks under doors. Eat and drink since food provides the body with energy for producing heat. Keep the body replenished with fluids to prevent dehydration.

